

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

10H30

12H30

13H00

14H30

17H30

17H45

18H00

18H15

18H30

18H45

19H00

19H15

19H30

19H45


20H00


20H15

Strength Development 

TRX TRAINING 

PILATES 

YOGA 


LES MILLS BODY PUMP 

LES MILLS RPM 
 11H15 YOGA 


LES MILLS RPM 

CAF 

YOGA 



LES MILLS BODY PUMP 

LES MILLS CORE 

LES MILLS CORE 

LES MILLS BODYCOMBAT 

LES MILLS BODY PUMP 

LES MILLS RPM 
 PILATES 

LES MILLS BODYCOMBAT 

LES MILLS BODYSTEP 

PILATES 

LES MILLS BODY PUMP 

AÉRO DANCE 

Strength Development 


TRX TRAINING 


PILATES 


LES MILLS CORE 

AÉRO DANCE 


LES MILLS RPM 


TRX TRAINING 


LES MILLS RPM 

LES MILLS CORE 


LES MILLS BODYCOMBAT 

LES MILLS RPM 

YOGA 

LES MILLS RPM 

TRX YOGA 

LES MILLS BODYCOMBAT 

LES MILLS RPM 

LES MILLS
 HEALTHY MIND IN HEALTHY BODY